

## CLAIMS

1. An exercise harness for use with a door, comprising an elongated flexible strap, a pair of hand grips attached to opposite ends of the strap, and an anchor attached the strap midway between the hand grips for engagement with the door with the strap passing between an edge of the door and the adjacent jamb, and the anchor and the hand grips being positioned on opposite sides of the door.
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2. The exercise harness of Claim 1 wherein the hand grips are attached to the ends of the strap by buckles.
3. The exercise harness of Claim 1 wherein the anchor is a buckle.
4. In combination: a door mounted in a jamb, a pair of elongated exercise straps passing between an edge of the door and the jamb, hand grips attached to the straps on one side of the door, and an anchor attached to the straps on the side of the door opposite the hand grips for retaining the straps against the pull of an exerciser on the hand grips.
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5. The combination of Claim 4 wherein the straps are end portions of an elongated flexible strap which is folded back upon itself, and the buckle is attached to the strap between the end portions.
6. The combination of Claim 4 wherein the hand grips are attached to the straps by buckles.
7. The combination of Claim 4 wherein the anchor is a buckle.
8. An exercise device adapted for use with a door mounted in a jamb, comprising an elongated strap, a hand grip and an anchor attached to opposite ends of the strap, the strap being adapted to pass between the door

5 and the jamb, with the anchor and the hand grip on opposite sides of the door, and the anchor abutting against the door and the jamb to retain the strap in position when a pull is exerted on the strap by an exerciser.

9. An exercise device adapted for use with a door mounted in a jamb, comprising an anchor adapted to be captured between the door and the jamb, a pair of elongated elements connected at one end to the anchor and being free to pivot or swivel relative to the anchor, and a pair of hand grips  
5 attached to the free ends of the elongated elements.

10. The exercise device of Claim 9 wherein the elongated elements are flexible straps.

11. A method of exercise, comprising the steps of: passing a pair of elongated flexible straps between an edge of a door and a jamb, retaining the straps in place with an anchor on one side of the door, grasping hand grips attached to free ends of the straps on the side of the door opposite the  
5 anchor, leaning away from the door, and doing an exercise while holding onto the hand grips and leaning away from the door so that body weight serves as resistance for the exercise.